FROM THE EDITOR

Greetings and I hope this message finds you thriving! As we welcome the spring season, I frequently think of new beginnings. Although this issue of *ACSM's Health & Fitness Journal*® *(HFJ)* will provide much of the same high-quality content to support our readership as it has done in the past, I am pleased to share some updates regarding our growth as a journal.

I am pleased to announce that Kristin Jett, B.S., ACSM-EP, has joined the *HFJ* Editorial Board as the digital content editor (DCE). The DCE's primary role is to help develop content such as infographics, work with authors on video supplements and abstracts to support their article or column, and work to grow *HFJ's* digital footprint via social media. Kristin's energy and vision for this role are promising and I welcome her to the journal!

This issue serves as a historical point for the *HFJ* as it includes the first in a series of video-based anatomy primers. Part one of our anatomy primer series will focus on the shoulder girdle and primary muscle movers. Andrew Sullivan, PT, DPT, Sc.D., OCS, SCS, COMT, director of Sacred Heart University's Human Anatomy Laboratory, and his team will provide a deep dive on the muscle movers of the anterior and posterior shoulder, along with identifying vascular and neurologic structures associated with this region of the human body. The narration, high-quality videos, and clarity of the specimens being dissected will provide a wonderful learning opportunity for students and exercise professionals. I want to thank Associate Editor-in-Chief, Peter Ronai, M.S., FACSM, FCEPA, ACSM-CEP, ACSM-EP, EIM, CSCS, for his assistance in developing this primer series.

In typical fashion, this issue also provides an excellent lineup of columns as listed in the "Inside This Issue" box. I would like to highlight the *ACSM Certification* column, which provides important information on the newly released *ACSM's Guidelines for Exercise Testing and Prescription*, 12th edition (1) and the *Medical Report* column, which provides the exercise professional with everything they need to know about exercise programming for people with cystic fibrosis-related diabetes. I also would like to thank outgoing Associate Editor Dixie Stanforth, Ph.D., FACSM, for her years of service to the journal, which included the creation of the *Celebrate Success!* column, and welcome new Associate Editor Heath Burton, Ph.D. I'd like to draw your attention to his first *Celebrate Success!* column, which provides an inside look at the success of the Bingocize® program.

Accompanying our columns are three outstanding featured articles. As technology continues to evolve in the fitness industry, exercise professionals must stay abreast of new developments and learn how to implement technology for improved service outcomes. Artificial intelligence (AI) is a widely debated example of evolving technology that exercise professionals can include with everyday work. Ted Vickey, Ph.D., provides a first look at how AI can be used ethically and as part of everyday routine in his feature article, which will be the first of an article series. Next up, Jessica Broome, Ph.D., and colleagues will continue to build the exercise professional's toolkit by sharing methods to stop fitness shaming, which can have deleterious effects on the clients and patients we work with. Finally, Sarah Mauger, B.S., B.A., and coauthors will provide detailed information on paralysis rehabilitation techniques for persons with spinal cord injury and positive clinical outcomes associated with this group of individuals.

Enjoy the issue and please do not hesitate to reach out with ideas and suggestions for this journal.

Best Regards,

Paul M. Gallo, Ed.D., FACSM
Editor-in-Chief
CT State Norwalk
paul.gallo@ctstate.edu

INSIDE THIS ISSUE

The *HFJ* associate editors continue to do an outstanding job of providing highly applicable information on their related topics.

Do It Right: The Incline Bench Dumbbell Row Exercise
Enhancing Your Behavioral Toolkit: Athlete Burnout: Aiming to Limit the Sizzle & Fizzle in Sport.
ACSM Certification: Exercise Evolved: Exciting New Updates in *ACSM's Guidelines for Exercise Testing and Prescription*, 12th edition.
Clinical Applications: Holistic Health: Bridging Disability and Mental Well-Being Promotion through Community Engagement.
Medical Report: Exercise Training with Cystic Fibrosis-Related Diabetes.
Celebrate Success!: Joining the Party: Exploring the Impact of Bingocize®.

1. Ozemek C, editor. *ACSM's Guidelines for Exercise Testing and Prescription*. 12th ed. Philadelphia (PA): Lippincott Williams & Wilkins.

Copyright © 2025 American College of Sports Medicine. Unauthorized reproduction of this article is prohibited.